FAMILY LIFE

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SELF-EXPRESSION FOR MARRIAGE PARTNERS

by CLARA B. HALE, ED.D.

Self-expression for marriage partners, admittedly important, often becomes a battle-cry or slogan which has overtones and implications beyond the simple concept. It may be a focus of basic unhappiness, in which case basic counseling on other aspects of the marriage will be required. Self-expression is, of course, just as necessary for the husband as for the wife; but since the former usually meets his needs through his work outside the home and through hobbies and outside associations, he will not be considered here. It is necessary, however, that he feel secure in his own marriage and thus be prepared to understand his wife's needs, sympathize with them, and give all appropriate help and encouragement to her —and this may demand some intensive counseling.

The wife's feeling of dissatisfaction and frustration is often associated with her feeling that she is "just a housekeeper," and one of the counselor's first steps may therefore be to help her professionalize her marriage and recognize the great values and enriching experiences to be derived from the care of her own children. The college-trained wife in particular may need very intensive help to this end, because her teachers have stressed other satisfactions in life.

When the possibilities in this direction have fully been used, the wife is ready to consider outside activities—for it may be taken for granted that every woman needs *some* really absorbing interest outside her own home; not absorbing enough to cause her to neglect her home, but absorbing enough to enrich her life and make her feel that she is an individual in her own right, not merely a wife and mother. Since her failure to cultivate these interests on her own account usually indicates a lack of imagination and resourcefulness, the counselor must supply these. At this point counseling often has to be fairly energetic! Some wives have persuaded themselves that they would be guilty of an offense toward husband and children if they had active interests outside the home; others develop a sort of martyr complex which may tax the counselor's patience.

To help the wife decide what her interests really are, she may be given one of the standard vocational preference tests. This will enable her to select some activity that is really in line with her own aptitudes, rather than falling into something essentially uncongenial merely because a friend

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is already in it. Naturally, any activity that she proposes should not jeopardize her own home, nor should it compete with her husband. (It is rarely desirable that a wife find outside interest in helping her husband with his own business!) Her outside activity should not be a matter of "keeping up with the old crowd," of trying to recapture her pre-marital life. It should enrich her life culturally, improve her home, or aid the community, and the counselor's guidance may be particularly helpful here. Rather than being content to fall into step and do what everyone else is doing, she might profit by trying to find some relatively new field of activity. Here even moderate attainment might bring her recognition and approval which she would never get if she were merely marching along in the procession, so to speak. To be of real help, the counselor must of course have a wide knowledge of community resources and needs.

When the wife has some definite idea of what she wants to do, she will have to find time to undertake it. This is one of the greatest obstacles to be overcome. The young mother usually feels that she is already so overloaded, so driven, by her responsibilities that she can not do even what needs to be done in the home, much less get out of it. Examination of the situation of almost any young mother shows that she actually has a considerable amount of time free during the day—but it is not time in large blocks, which she particularly needs; it is time in little five- or ten-minute snatches. She must find ways of consolidating these so that she can occasionally have several hours off duty. Several promising lines of action are at once visible:

1. She must improve her efficiency. Studies of home economists show that most home-makers can get the same amount accomplished as now, in 30% or 40% less time than they are now taking, if they make use of all the short-cuts and time-savers, all the simplifications and improved procedures that are well-known. The counselor can put the client in touch with inexpensive pamphlets giving this help.

2. She must learn to relax systematically. Studies show that the exhausted home-maker who throws herself down for 10 or 15 minutes' rest during the day frequently gets little real rest; but if she has learned how to relax scientifically her whole day may be changed.

3. She must then find ways to leave the children. By far the simplest is through cooperation with other young mothers in her own neighborhood. There are great possibilities in the kind of cooperative day nursery system worked out in many communities during the war, and particularly established in Seattle under supervision of the Board of Education. Finally, churches can be encouraged to set up such day nurseries, as some have already done with outstanding success.

4. Beyond this, of course, some husbands can help! This depends on the husband's own work, as well as on his disposition. Sometimes a husband is glad to baby-sit for an evening or two each week, working on his own professional advancement, while his wife is free to attend an art class or choir practice.

5. One of the counselor's opportunities is to help clients budget both time and money for hobbies and recreations which

may be either individual or joint enterprizes. Too often husband and wife with a small income fail to realize that recreation is not only a legitimate, but a necessary part of family life.

As the children get older, they should steadily assume more responsibility for the management of the home, freeing their mother to that extent. This is important training for the children, not merely in the techniques of home-making, but in the feeling of family solidarity. This may be a point at which the wife particularly needs counseling! Many mothers have formed the habit of doing everything themselves, of waiting on their children, picking up after them, and demanding no responsibilities of them —not even the making of their own beds or a fair share in the chores around the place.

At last, the children are up and out of the home, and the wife then has a maximum of free time for self-expression. If she has not worked toward this, with continued practice in small amounts, she may become the unhappy and depressed middle-aged woman who is such a problem in many homes. Earlier training in self-expression is therefore the best possible prevention of later serious difficulties.

(Abstract of discussion at workshop in techniques of counseling, AIFR, Aug. 8, 1955.)

Around the World

UNIVERSITY GRADUATE WOMEN in Great Britain now have larger families than those with less education, according to a survey by Judith Hubback. After 10 years of marriage, fewer are childless than are women in the rest of the population, fewer have only one or two children, and more have three or four children, than do their less-schooled contemporaries. "Those who were most successful in academic terms, gaining first-class honours degrees, were shown to have larger families on the average than those who were less outstanding."—*The Eugenics Review* (London), July, 1955.

THE WORLD had a population of 2,547,000,000 in 1953, according to the *United Nations Demographic Yearbook.*

TO ESCAPE the law which forbids marriage in England of girls under 16, girls of school age have been taken by prospective husbands to Eire (Southern Ireland), where the legal age for marriage is 12, after 21 days of residence has been established by one party and 14 for the other. So says the London *Sunday Chronicle.*

TWO GROUPS OF Indian men students at Poona University were asked to rank the qualities which they would consider most important in the choice of a wife. The unmarried students said: Health, good disposition, beauty, intelligence, education, tidiness, toilsomeness, smartness, ability, idealism, economic status, sex urge. The married students listed the same traits in the following order: Health, good disposition, intelligence, education, toilsomeness, beauty, tidiness, smartness, ability, idealism, economic status, sex urge. The editor of the *Indian Express,* in publishing these data, comments that married man ranked beauty somewhat lower than did the single, and that neither group placed a very high value on idealism.

EXPERIMENTS set up in India to promote birth control by the use of the rhythm method have now been abandoned by the government. Owing to the poverty and illiteracy of the population,

any method offers great difficulties, but it was hoped that the use of the sterile period, though admittedly unsatisfactory in most ways, might be better than nothing. Various methods of enabling women to keep track of their period were found unsatisfactory. One involved the use of a string of colored beads. The woman was instructed to begin moving one bead forward each day, after menstruating. When she came to black beads, she would know that intercourse was dangerous. Some women ascribed magical qualities to the beads and believed by the mere act of moving the warning beads forward, they could circumvent the fertile period.

ATTEMPT to popularize birth control in India by the "rhythm" method seems to have failed. A two-volume report on the final studies has just been issued by the W.H.O. regional office for SE Asia. In an experimental area comprising 1088 couples, only 84 women were following the method at the time of final evaluation, and only 41 were doing so regularly. A Roman Catholic publication adds that in 165 clinics established by the government of India the average attendance has been only one person a day.

FRENCH GOVERNMENT has increased the maternity leave of women workers from 12 to 14 weeks. It covers six weeks before and eight weeks after childbirth.

IN GENEVA, SWITZERLAND, the Association of Protestant Families has opened a Marriage Consultation Center.

FAMILY VACATIONS have become a subject of active interest in many parts of Europe, and will be one of the main topics of the International Family Conference to be held at The Hague, Sept. 3-8, 1956. In the U.S.A. such vacations have been offered only by private enterprise, apart from occasional church projects. Many European governments are attempting to offer opportunities for families in low-income brackets to vacation together at moderate cost.

EQUALIZING the financial burdens of childbearing is not the duty of the taxpayers but of industry, said the West German Minister of Families, Dr. Franz-Joseph Wuermeling, in a recent official bulletin. Families must not be forced down in the socio-economic-educational scale merely because they have children when others do not. The new law extends this equalization to professional people and the self-employed as well as those on fixed wages. The allocation amounts to only about $6 per month, for the third and succeeding children, but it is tax-free. "Children are not the offspring of the State, but of the family," said the minister, and "the father of a family should not depend on begging the State to support his family, but should expect to support it from the job on which he is employed." This principle corresponds to the Proportional Family Wage, supplemented by the Equalization Pool, as developed in France and widely applied in other countries.

IN CANADA one-third of the entire feminine labor force is now made up of married women.

HIGH BIRTH-RATES, which followed the end of the war in every European country, are now subsiding. In most countries (France and Norway are exceptions) the rates are now little above prewar levels. The rates for Spain, Portugal, and Italy fall well below those for 1935-39.

Educational Notes

SCHOOL ENROLLMENT last fall is reported by the U.S. Census Bureau as: kindergarten, 509,000; elementary 24,427,00; high school 7,700,000.

COUNSELING THE HOMOSEXUAL CLIENT

by ROSWELL H. JOHNSON, PH.D.

Homosexuality is a term loosely used to describe the *practice* of seeking or receiving relations with others of the same sex involving sexual gratification recognized as such by the person. Various classifications have been recognized, based on motivation, on supposed etiology, legal status, and the like, but there is usually an overlap between such groups.

Prevention is so much easier than cure that society should pay much more attention to it. This calls for a normal and wholesome family background, and proper sex education.

The counselor's problem is to deal with an individual who is already headed, at least, in the direction of homosexuality. This discussion will be limited, for simplicity, to the male. The principles involved in counseling the female are much the same. Several different types of clients will be encountered:

1. The boy who is drifting in the wrong direction and is sent for counseling by parents, or by a high school or Sunday school teacher, or executive of some youth organization. It will often be found that he has been brought up without adequate masculine patterns and has had experiences interfering with good heterosexual development. He may be the overprotected son of a widowed mother, or have some other atypical background. It must be remembered that the boy *starts* his sexual life on an auto-erotic level. Sex does not *begin* with the female image in his life. He has associated mainly with boys, not girls, at the time the sex drive is still largely undifferentiated. He may have been the victim of actual seduction or bad example. But because he has not progressed very far in the homosexual direction, he is by far the best prospect for re-education. He should not be allowed to associate heterosexuality with prostitutes and venereal diseases; he should be protected from disillusioning experiences with coarse and exploitative older women; and he should not be allowed to tie the idea of sex up with the idea of sin. Normal associations, sound sex education, and the pressure of everyday social life will reinforce the guidance that the counselor can give.

2. The older homosexual who really does not want to change but thinks it expedient for his future to do so. He may desire to marry for social and other reasons, or may fear loss of a job or other difficulty. He is likely to pretend cooperation and even enthusiasm for the counseling process, but to abandon it suddenly. In general, the procedure is much the same as in the following group—though with less likelihood of success.

3. The ambisexual, who has had homosexual experiences but has not yet built up an exclusive attitude which is either indifferent to or actively hostile to the other sex. He is a reasonably satisfactory prospect for re-education because he usually wants to marry, have children, and lead a normal social life. He has usually built up, as a defense mechanism, some contempt for the other sex. It is important to avoid building up feelings of guilt and sin. The proper course is to ignore, so far as possible, the homosexual element and to concentrate on building up and channeling the heterosexual. It is helpful, however, for him to change his associates in many instances — sometimes even his place of living. The basic idea is to increase his respect and admiration for, and attraction toward, the female sex, and this permits a long-continued and graded course in which such elements as the fol-

lowing are likely to appear:

(a) Picture to him the advantages of a good home. Keep this ideal before him.

(b) Help him to build up his estimation of the female sex.

(c) Encourage him to get pictures, and books containing pictures, of attractive and worthy women. Nudes should not be excluded! The pin-up girls in military barracks and on shipboard serve a real purpose in helping men to maintain the heterosexual goal and to avoid homosexual patterns.

(d) Teach him, as he walks the streets, to let his eyes rest on attractive women; to walk behind them and develop full appreciation of them.

(e) He should go to dances and to shows in which girls appear to advantage; but avoid vulgar burlesque shows and similar places where sex is cheapened and depreciated.

(f) He should build up a companionship with the most interesting girl he can find, learning to value her as a person before he begins to develop affection.

(g) If he writes down on waking, and presents to the counselor for interpretation, his dreams (including day dreams), he may be encouraged by seeing that his love object shifts as he improves.

(h) He should pay attention to building up his health in every way. (Incidentally, it is rarely worthwhile to suggest hormone treatment. It does not change the direction of the sex drive.)

(i) Long-continued and intensive effort should be made to improve his whole personality. That of homosexuals is likely to be inferior. They are found to be low in self-mastery, frequently feel very insecure and lack normal ethical standards; and they are overly self-centered. They should cultivate altruism, helpfulness, "gallantry" and sympathy.

(j) Any common patterns that would be harmful, such as an excessive emotional tie to the mother, will of course be investigated and dealt with as seems appropriate.

(k) He should not marry until the test of genuinely falling in love has been met, and he has a good enough personality to meet the demands of marriage.

4. Some clients come because of referral by a court, probation office, or police department. These are not good prospects, as a whole. It must be admitted frankly that a homosexual of many years standing with a defensive attitude, is an almost hopeless client. The general principles, however, would be the same as the foregoing.

In short, homosexuality offers one of the most difficult problems that the counselor can encounter and no one should be too much discouraged by failure in the aim, if the person's personality has been improved. Unfortunately, there is very little satisfactory help in print, most of the books on the subject taking a doctrinaire and partisan position on one side or another, without sufficient recognition of the many forms and many factors involved.

(Abstract of discussion at the eighth summer workshop in the techniques of counseling, Aug. 11, 1955.)

Research Notes

FAMILY MEDICAL and dental costs in the U.S. total more than 10 billion dollars a year, acording to a survey by the Health Information Foundation. Only 15% of these expenses are covered by insurance. In one year six million families had expenses amounting to 10% to 19% of their incomes; three million families had expenses totaling 20% to 99% of their incomes; while for 500,000 families

the medical and dental expenses were claimed to equal or exceed their total income.

EXPRESSED CONFLICTS between adolescents and parents center primarily on dating and mate selection, according to a study of 119 women college students by Ruth Connor, Theodore Johannis, and James Walter. *(Journal of Home Economics,* October, 1954.)

CHILDREN who are either physically awkward or especially well-endowed need special sports assignments. Lawrence Kubie urges parents to insist on physical evaluation programs to help the child who is stressing physical competence to the detriment of social and intellectual achievements, as well as the child who is unable to use his body effectively. *(Child Study,* July, 1954.)

THE ABILITY of children to concentrate on and play with toys over a period of time depends more on whether or not the toy is appropriate to the child's age than it does on the absolute age of the child. Kenneth E. Moyer and B. von Haller Gilmer reached this conclusion in a study of 681 boys and girls ranging from 18 months through seven years in age. *(Elementary School Journal,* June, 1954.)

IF PARENTS want to teach children to be honest they would be wise not to punish them for being honest, says Katherine B. Stains. She points out that forcing children to use expressions such as "Thank you," "You're welcome," etc., before the child understands their meaning or really feels them breeds dishonesty in children. *(Understanding the Child,* Novermber, 1954.)

"TO CHANGE people's health practices we must first gain a knowledge and understanding of their beliefs, attitudes, and behaviour," concludes William Griffiths in surveying recent findings on changing behaviour with respect to family health. *(Journal of Home Economics,* October, 1954.)

NEARLY ALL GIRLS, engaged to marry, expect to hold jobs for a while, according to a survey of 4,000 college seniors. Investigators report that 69% of the girls want two or three children, and 44% of the 4,000 men and women questioned count on starting a family within the first year of marriage.

OLD PEOPLE expressed a high degree of preference for living in a community of retired persons rather than in one where most people are workers, according to interviews of 177 old people in a trailer park in Chicago. (*American Journal of Sociology,* 59, 1954.)

Inexpensive Pamphlets

WEDDING PLANS, pp. 6, price 5c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C. (Catalog No. FS 2.50:86).

WHAT YOU SHOULD KNOW ABOUT SMOKING AND DRINKING, by W. W. Bauer and Donald A. Dukelow. Pp. 40, price 50c from Science Research Associates, 57 W. Grand ave., Chicago 10, Ill.—"Junior Life Adjustment Booklet." Two physicians present an interesting discussion for teen-agers.

NUTRITION AND HEALTHY GROWTH, pp. 32, price 25c from Supt. of Documents, U.S. Govt. Printing Office, Washington 25, D.C.—Starts with diet for pregnant woman and includes sample menus for children at all stages of development.

WHEN PARENTS GET TOGETHER, by Gertrude Goller. Pp. 46, price 50c from Child Study Assn. of America, 132 E. 74th st., New York 21, N.Y.—Valuable handbook for those who want to organize a parent education program.

NEW BOOKS IN BRIEF REVIEW

COUNSELING: THEORY AND PRACTICE, by Harold B. Pepinsky and Pauline Nichols Pepinsky. Pp. 307, price $4.50 from the Ronald Press Co., 15 E. 26th st., New York 10, N.Y., 1954.

This book has been warmly praised by psychologists but holds little of value to the rank and file of counselors, since it is devoted largely to a technical discussion of the theory of learning and offers small help in application. The authors (Ohio State University) think that practical counseling and research should go together and their ideal would apparently be that all counseling should be limited to those with advanced degrees in psychology who are willing and able to do such research in daily life. In this hope they will certainly be disappointed. Counseling is a technique used in all sorts of professions and so much needed that it can not possibly be made the private property of any small group—any more than music can be made the private property of the college faculties. As an art, it will be universally practiced. As a science, it should be the subject of continued research but, as is the case with other arts, it will be found that most of the scientists lack both the ability and the inclination to be successful practitioners.

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HOW TO START COUNSELING, by William E. Hulme. Pp. 157, price $2.50 from Abingdon Press, 810 Broadway, Nashville 2, Tenn., 1955.

Many clergymen are preparing themselves for effective personal counseling, but nonplussed to find that no one seems to want their services! Dr. Hulme (college chaplain and head of the division of Christianity and philosophy at Wartburg College, Waverly, Iowa), answers the question of such clergymen, "What shall I do next?" He advises them candidly to begin with their own homes and make sure that their own marriages are reasonably good examples. Then he discusses the mechanics of organizing for counseling, the methods of attracting youth, and the expedients by which the pastor may fit counseling into the framework of his already busy week. "I am convinced that the most common failure of pastors who have some knowledge of the principles of counseling is their neglect to follow up the initial interview," Dr. Hulme remarks. His concrete suggestions of meeting this and innumerable other problems will be widely helpful to all sorts of organization executives and others who have the opportunity to do some counseling, as well as to the clergymen whom the author primarily addresses.

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EDUCATIONAL PSYCHOLOGY, by Lee J. Cronbach. Pp. 628, price $7.50 from Harcourt, Brace & Co., 383 Madison ave., New York 17, N.Y., 1954.

While this book is directed to teachers and prospective teachers, any thoughtful parent will find something of interest in it, particularly in the discussion of character education. "There is no neutral teaching," he insists: "Either the school from the start encourages independence of thinking, security, and maturity, or it teaches the opposite: irrational dependency and anxiety." Parents might well study, from this point of view, the schools their own children are attending. Dr. Cronbach is at the University of Illinois.

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CONTEMPORARY THEORIES OF

LEARNING, with applications to education and psychology, by Louis P. Thorpe and Allen M. Schmuller. Pp. 480, price $5.50 from the Ronald Press, 15 E. 26th st., New York 10, N.Y., 1954.

College textbook surveying the various theories and concluding with a "patterned eclecticism" adopted by the authors. Dr. Thorpe is professor of education and psychology at the University of Southern California, Dr. Schmuller was formerly with Los Angeles State College.

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MANAGEMENT OF ADDICTIONS, by Edward Podolsky. Pp. 413, price $7.50 from Philosophical Library, 15 E. 40th st., New York 16, N,Y., 1955.

Most of the 35 papers in this volume are reprints from technical journals and are directed primarily to physicians. More than half of the book is devoted to alcoholism, the remainder to drug addiction. Dr. Podolsky is a New York City physician who is also a prolific writer and industrious editor.

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ANXIETY AND STRESS, by Harold Basowitz et al. Pp. 320, price $8 from McGraw Hill Book Book Co., 330 W. 42d st., New York 36, N.Y., 1955.

The authors, a psychiatrist, two psychologists, and a biochemist, focussed on anxiety by studying paratroopers in training over a four-week period. The book is a technical one, producing no striking results of interest to the general public, but offering useful ideas to the specialist.

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THE GREAT IDEAS OF THE BIBLE outlined for moderns by Ryllis Goslin Lynip. 2 vols., pp. 272 and 276 (no index), price $5.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1954.

Illustrating with quotations from the Moffatt Bible, Mrs. Lynip (home-maker, author, lecturer, and past director of drama at the Riverside Church, New York City), attempts particularly to meet the needs of young people for an understanding freed as far as possible from "ritual and theology."

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THE HUMAN ANIMAL, by Weston LaBarre. Pp. 372, price $6 from University of Chicago Press, Chicago 37, Ill., 1954.

A remarkable survey of mankind bringing the findings of biology, psychology, and anthropology together, and trying finally to focus all this on the problems of today. The book will be a liberal education for a wide variety of readers. Dr. La Barre is a cultural anthropologist, now at Duke University.

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HUMAN RELATIONS IN ACTION, by Calvin C. Thomason and Frank A. Clement. Pp. 179, price not given, from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1954.

Second edition; the first appeared in 1947. The authors (from Rochester, N.Y., Institute of Technology) offer "problems and cases in dealing with people." Directed primarily to industry, the book will be interesting to many others.

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IT'S TIME YOU KNEW, by Gladys Denny Shultz. Pp. 221 (no index), price $2.95 from J. B. Lippincott Co., East Washington Square, Philadelphia 5, Pa., 1955.

A well-known writer, author of the popular *Letters to Jane,* now offers a book (with an unfortunate title) to "Jane's younger sister," as a guide to the biological, psychological, and social aspects of sex. The first few chapters present a detailed description of sexual anatomy and physiology. It is hard to state

technical facts in simple terms, and misstatements that creep into many books will probably not produce anti-social behavior in any girl; yet there is no excuse for saying that the ovaries "are flat little disks" or describing endometriosis by saying no more than that "blood clots harden around the female organs and cause pain at the menstrual time." The repeated statement that "several million spermatozoa will be expelled in one ejaculation" is certainly an understatement, since the number is ordinarily several *hundred* million. A biologist might well have been asked to read the MS and eliminate many such entirely unnecessary errors; but the bulk of the book is a very plain-spoken discussion of a girl's attitude toward her own family, toward other girls, and toward boys. It is idealistic without being goody-goody; it is constructive and practical; and innumerable parents will be happy to put it in the hands of their early teen-agers.

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1,000,000 DELINQUENTS, by Benjamin Fine. Pp. 377 (no index), price $4 from World Pub. Co., 2231 W. 110th st., Cleveland 2, Ohio, 1955.

This is a journalistic discussion of the fact that in the next 12 months 1,000,000 boys and girls under the age of 21 will commit crimes serious enough to cause them to be picked up by the police. There will of course be plenty of others who are not picked up, though their offenses are equally serious. The well-known education writer of the *N.Y. Times* presents his story with innumerable cases, and discusses 10 measures needed. First is strengthening the home, the importance of which is recognized, but not sufficiently emphasized. Dr. Fine makes a very effective presentation of this timely topic, for popular reading.

COMMUNICATION, THE MIRACLE OF SHARED LIVING, by Dora V. Smith. Pp. 105 (no index), price $2.50 from Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1955.

A professor of education at the University of Minnesota offers these scholarly and graceful essays on the need of better education in English literature. The job of telling how shared living can be promoted by better communication in the family remains for someone else to discuss.

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SOCIAL SERVICES IN THE SCHOOL, by Jean R. Pearman and Albert H. Burrows. Pp. 218, price $3.75 from Public Affairs Press, 2162 Florida ave., Washington 8, D.C., 1955.

If children are to develop satisfactorily their home and community background must get attention, as well as their performance in the school room, say these two social scientists of the University of Michigan. They outline a detailed (and expensive) program for this purpose.

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LEARN TO LIVE, by Ervin Seale. Pp. 256 (no index), price $2.75 from William Morrow & Co., 425 Fourth ave., New York 16, N.Y., 1955.

Inspirational discussion of "the meaning of the parables," by the minister of the Church of the Truth, in New York City.

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THE HUMAN PERSON, by Magda B. Arnold and John A. Gasson. Pp. 593, price $5.75 from the Ronald Press, 15 E. 26th st., New York 10, N.Y. 1954.

This "approach to an integral theory of personality" is prepared by two psychologists in Roman Catholic institutions, in collaboration with eight others. The last one-third of the book is devoted to psychotherapy, giving an important place to religion.

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